

# TORRANCE POLICE DEPARTMENT WOMEN'S SELF-DEFENSE



Next 2 Day Seminar on Nov 20 & Nov 21, 2015



## THE TORRANCE POLICE DEPARTMENT PRESENTS...

**A FREE 12 HOUR SELF DEFENSE TRAINING SEMINAR. LEARN HOW TO PROTECT YOURSELF AND THE ONES THAT YOU LOVE BY DETECTING, PREVENTING AND DETERRING VIOLENT ENCOUNTERS!**

Our Instructional Objective is to develop and enhance the options of self defense so they may become viable considerations to a woman who is attacked.

The next seminar will be taught over a two day period at the Torrance Police Department on:

Day 1: **20 Nov 2015**  
**6:00PM-9:00PM**  
**&**

Day 2: **21 Nov 2015**  
**8:00AM-5:00PM**

To Register, visit

[www.Police.TorranceCa.Gov](http://www.Police.TorranceCa.Gov)

For questions about the program contact  
[jhart@torranceca.gov](mailto:jhart@torranceca.gov) or [croosen@torranceca.gov](mailto:croosen@torranceca.gov)

### ***What is the Self Defense Seminar?***

A PHYSICAL DEFENSE PROGRAM FOR WOMEN THAT:

- Has established standards of acceptability for female self-defense programs.
- Offers no-nonsense, practical techniques of defense.
- Has researched the effects of the "Fight or Flight Syndrome"
- Offers advanced self-defense courses that build upon the Basic Physical Defense Systems
- Provides static, fluid, and dynamic hands-on training.
- Provides students with a comprehensive reference manual.
- Has a free lifetime "Return and Practice" policy.

